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Family Health

By NADINA R. KAVINOKY, M.D., Pasadena, California.

Advance paper prepared for the Third Pan-Pacific Women's Conference.

The unit of society called the family is at this time in such a rapid process of change that possibly only the spelling of the word has remained the same. To each person the word "family" brings up a series of pictures. The clearest and most definite picture is that of the family in which we have grown up; the faintest and most visionary is the family pattern we dream to attain. A third picture is presented in the plan which we visualize as the healthiest for the individuals concerned and for society as a whole. Between these three pictures are the many various patterns which typify and are the result of different economic and sociological conditions. The family pattern represents the most important evidence of the strength, integrity, and correctness of the underlying social structure.

The last few years of psychological research have given us a more thorough scientific understanding of the men-women, and parent-child relationships which are necessary for mental and emotional security. These latter conditions of life are necessary for all. The rapid industrialization of various parts of the world has liberated women to where they soon will be on a footing of equality with men. This has given us much more than just the economic freedom we sought. It has made us peers and has raised us to the level of men from the sociological aspect as well as the economic. This has not, however, solved all of our problems, for there still remain the national and industrial problems pertinent to each country and locale.

Woman's life has generally been estimated to be of less importance than the life of a man. The value of both comes up as a country becomes organized on a higher social basis. The greater the consideration placed on all human relationships, the greater will be the standing of women in such a society. These fundamental attitudes are responsible for social trends. Progress can, of course, be achieved much earlier and pitfalls avoided if we look about us and learn from the large scale experiments that have been made. We here today have the opportunity of studying conditions in the whole world and selecting from the new patterns the elements that are good, and eliminating those that have proven to be harmful. An example of this is presented by the situation of the Russian women. They are at present thrilled with the hard factory and agricultural work which gives them economic independence for it means freedom from the domination and the whip of former times, but they still need help in emotional satisfaction through the love life in the family.

The valuation placed on children also follows these social changes, and in turn has influenced the attitude towards the destruction of our mothers. The premature sacrifice by death of a mother who has contributed ten or twelve healthy children to a family on a homestead in the middle west of the United States or on a farm in Canada or Australia, has not been considered as great a tragedy, for she may be replaced by another able-bodied woman who can carry on. The large number of children before tractor days was necessary to the survival of the family. In urban industrial communities ten or twelve children are such an economic liability that even the work of both parents cannot give them adequate care and shelter, and the loss of the mother frequently throws the entire group of children on society. Urban life, with its limited play and work outlets, has accumulated such tremendous problems that today the world is focusing

much attention on them. While we are trying in this study to recognize the difficulties that are unnecessary and that can be eliminated, we are also bringing to light many happy positive factors of family life that we must make every effort to preserve.

We have already reached a concept which will make for a strong, secure and happy family, and that concept is within our reach. It is one that makes possible healthy, contented children, as well as happily adjusted parents. To reach this aim, we have to apply our present knowledge of human relationships to life as we are able to influence it.

Today it is recognized that the life of two people is a normal emotional experience involving both physical and psychological factors. We also know that this human need should be used neither for exploitation of one or the other, nor for economic or social gain. Today we recognize that the variants in the sex life of most human beings is the result either of individual physiological equipment, or of the pattern reactions developed in growing up. These problems are the result of social environment or physical inheritance, and are not just cases of individual goodness or badness.

The health of the family depends on several factors.

1. The prevention of *venereal diseases.* This can only be accomplished by early marriage which will prevent promiscuity and its resultant prostitution, and traffic in women.

2. The complete elimination of *abortion* as a means of regulating the family. Present scientific knowledge of birth control has reached such a stage that abortion is entirely unnecessary and the abortion rate is mute evidence of the neglect of society to care for its mothers. Knowledge of contraception takes from a woman her greatest fear in marriage, and replaces it with the desire to have children when she is ready and able.

3. A high standard of *pre-natal and obstetrical* care is necessary to reduce the maternal mortality and to decrease the morbidity after childbirth.

4. *Education along sex lines* should be such that from infancy through childhood, adolescence and to maturity, the individuals will be able to avoid mental and emotional conflict on this subject.

5. *Early marriage* should be encouraged not only because marriage is the normal setting for the sex impulse, but even more important is the higher emotional and spiritual development which is made possible when the physical sex life is happily adjusted. Another advantage is that it is better to start raising a family when the mother and father are still young and better able to adapt themselves to the change which is necessitated by having a third and fourth member in the family.

6. *Birth control* has already been mentioned in connection with the prevention of abortion, but it has other influences which make it an essential part of any Family Health Program. The prevention of conception in the women who are tubercular, who have heart or kidney conditions, or who are exhausted by previous childbearing will mean a tremendous saving of human life. The knowledge that they will not need to have the responsibility of children immediately will be an incentive to early marriage, for then the man and woman may each continue studying or working and will not feel that marriage hampers their respective careers.

7. *Sterilization* of the insane and feeble-minded has become a necessary institution in modern society. Its value in the prevention of the birth of people unable to care for themselves or their offspring and of people who have even no value to themselves is obvious.

8. A last factor in the essentials of a happy, healthy family is the *sexual adjustment* between husband and wife. It must be one which takes the reaction of both partners into consideration. The male pattern based on promiscuous sex experience with the prostitute is just as

far from normal as the woman's pattern of inhibitions and constant conflict which is so typical for some of our countries. There is a happy, normal range of patterns in between these extremes. We have scientific data on these various phases which you should, without too much difficulty, be able to adapt to the individual needs of your countries. Application of this knowledge will go a long way towards stabilizing the family.

Create happy families, and your individuals in these families will gain in health, efficiency and happiness. There are no short cuts—no panaceas. It will take a comprehensive program, bringing in all of these elements, to accomplish what we see is necessary and desirable for good family welfare. Let us try together to outline such a program.

Education of Our Children And Influence of Environment.

It is certainly necessary to give our young children the facts of life. We have books and films which will help parents to lay a healthy foundation, on scientific facts, which will give respect for the whole question of reproduction. We must let them know the ramifications into all of a human being, for this is a tremendous influence for either success or failure in life.

Before even beginning with a child we should orient in our own minds what of past experience should be preserved, and what should be eliminated. We must guard against those destructive experiences which have influenced us, but will never touch our children. Can we chart the seas and give them a seaworthy ship with a rudder, or must they drift and take the chance of hitting the rocks?

The biggest influence on a child in forming his own pattern of sex life is the success or failure achieved by his own parents in their life together. The happiness that they give each other creates the atmosphere of the home and gives confidence to the children that marriage can be the means of creating much joy. The mutual respect, the loyalty and devotion of both, the respect for the sex impulse as a normal part of happy living, and the lasting emotional bond formed by this normal sex impulse all tend to build a secure and permanent family. This emotional and economic security build the foundation that is necessary for healthy child growth.

All questions asked by children must be correctly interpreted. Grown-ups make their first and greatest mistake in regarding any question as to where babies come from in its narrowest sense. The average adult interprets sex to himself or herself as only sex contact or intercourse. They seldom realize the ramifications which it has into all of life, and especially the finer emotional influences which should be brought out in each individual on the basis of love. This interpretation is due to our false teaching in the past, which developed several artificial situations and conditions.

In men we separated the physical part of sex from the emotional. Early sex experience was accepted even by many parents. Marriage was delayed usually for economic reasons of the parents or of the young man so that his experiences were further encouraged to gratify his own sex impulse without giving either loyalty, responsibility, or anything but egotistic interest. The young man learned the pattern of the prostitute and took chances of receiving venereal diseases. He became accustomed to variety or promiscuity or else took advantage of only one or two women who gave themselves without asking even honesty or loyalty in return. Of course the young man had to compensate for this way of living by high-sounding rationalizations of how he couldn't marry until he could support a wife; or by keeping his dream girl pure and on a pedestal; or by the numerous other psychological subterfuges. The only result of this could be that he would interpret sex as nasty.

In women we built up such fears by our every reaction to the simplest gesture or question on sex that in later years

these fears come back manifold to destroy the very love that we aimed to protect. These inhibitions and the problems presented by her husband's pattern certainly helped her very little in interpreting the simple questions of her children.

Practical Education Helps For Young Children.

Children of two to five years can be given a respect for growth in all phases of life. The general question of reproduction is based on the truly miraculous potential in any and every seed. The devotion and unselfish care that a cat gives her kittens; the attention the father bird gives the mother bird, and the mother bird gives her baby birds certainly contain examples which teach the fundamentals of life. Dolls offer very fine laboratory material for little girls and boys. The next step is to relate these illustrations to the human family. All of this information can be given casually in the kitchen, the garden or any part of the home where the opportunity presents itself. The book "Growing Up," by De Schweinitz, and the film, "The Gift of Life," are excellent texts for the parents and teachers. Additional simple explanations of the facts of reproduction given to the children at different times will satisfy their curiosity and there will be long periods of no interest when much that is told them will be forgotten.

Adolescent Education— High School and College.

The adolescents from ten to sixteen need much more guidance. Responsibility must be developed to help them through from the individual to the social viewpoint. Experience in original thinking and in adaptability to new situations must be given them in order that they attain emotional maturity. Apron strings strangle many a fine youth or girl. Eugenics must be taught. Information on venereal diseases can be given along with the study of communicable diseases and milk and water inspection in public health and civics classes. An understanding of the essentials and the development of the parental instinct and the normal growth of the mating instinct can be given in psychology courses. This teaching should of course assume the normality of the sex impulse and show its creative phase in the arts, music and literature, as well as the scientific and eugenic phases.

The adolescent period should be used to broaden the social contacts between boys and girls. More important than just the play basis is to acquaint them with the interests, ideals, workmanship and personality of many different young people. It is desirable to have more group activities in fields of work and study, and less purely social affairs. These young people must be stimulated to creative thought and independent action; and must be given every opportunity of maturing so that by the time they reach the age of eighteen to twenty-one years they will be prepared for both economic and emotional independence. Our big job during these years is to wean ourselves, as parents, away from our growing youth.

This latter is very difficult to do if we have not outside interests, or if we have not achieved happiness in our own marriage, for then we will tend to rationalize and hold on to our children. The parents who have made a failure of their own family life are doing a tremendous harm by developing and fostering a lack of confidence in the family in their own children. False standards of the essentials of marriage such as money, social position, the type of house, or automobile, or the income of the other person, have usually developed as a result of parental deprivations.

The exploitation of women, as in using them as play-time toys, has resulted in the feeling that the women are inferior and subordinate, and this does not make for marriage comradeship. There are biological and psychological differences between men and women, but they must be peers. Women can be economically independent, but still be emotionally dependent. All of these concepts have to be built into the adolescent boy

or girl all during the years they are formulating their dream mates. Positive pictures must be built, for these will teach them to face life as it is and create better situations. Let me illustrate the negative teaching that we as parents have done when we thought we were successfully evading the whole question of sex.

Any sex query was evaded, thus leaving a powerful curiosity which was constantly trying to find an answer. Sex play was punished; the cause was not eliminated, whether it was poorly fitting clothes, indigestion, loneliness, urinary irritation, or something else; and wet dreams were considered as disease, not as a normal reaction. The result of all of this was fear and shame, instead of knowledge and respect. Girls were permitted to wait until menstruation started and frightened them before they were given an understanding as to the cause of it. Ancient taboos still carry weight in that many women still refer to this normal function as the "curse."

It is small wonder that with this training many marriages are disrupted by frigidity. Certainly we cannot expect anything else unless we give our boys and girls desirable training.

A good foundation in childhood should begin by keeping the child healthy with a good diet and teaching him or her personal hygiene. Emotional security in the family is all important, for it gives the child balance and the opportunity to develop without loneliness or unhappiness. Satisfy their queries so that curiosity will not act as a sex irritant. Prepare your girl for menstruation so that she will rejoice at the normality of her bodily processes and at the coming potentiality for motherhood. The older children should be taught how to care for the younger members of the family; child psychology should be brought into the picture. It is also essential that young people learn to discriminate healthy character traits from weak undesirable traits in the adults and others around them. In order to teach these things to children it is necessary that one have a feeling of power and confidence in one's self, and this latter comes from economic independence which is due to skill and creative ability. In men this is all important, for the major responsibility of the family still rests on the male. Woman, because of her very nature, may alternate between periods of dependence with those of independence, but her health and the welfare of the children demand that she have strength of character, skill in her work and energy for the safety and security of her family.

Our youth must be given an understanding of the reproductive processes through courses of physiology and biology. The anatomy of the reproductive systems in all of its phases must be explained so that they will appreciate the powerful potentials in a cell, and the miracle of life's origin. All of eugenics is based on this knowledge, and with it should come the need for selectivity; the limitation of environment in the further growth and development of the fertilized cell; and the care and attention needed to develop the new life to its highest potentialities of both mental and physical endowment. Positive traits should be stimulated because of the inability of anyone to create native talents such as music, art, mathematics or other mental gifts.

In the last few years a new chapter has been added to the study of child training. This is the effect on the individual physical being, as well as on the personality, of the normal or abnormal function of the *ductless glands*. The effect of the thyroid has been known for quite some time, but the spotlight of recent research has given to us the influence of the pituitary gland, not only in the determination of the height and growth of a person, but also in the maturing of the ovaries and testicles. This latter includes the fertility of the person and may guide the sex history of the man or woman. The next few years will probably throw even more light on the psychological problems and results of these physiological processes. This will

enable us to solve many intimate problems of the family with this new knowledge.

The impress of past experience has given us another concept which we must dispel. Long hours, hard work and poor working conditions have associated all of work with *drudgery*. Adults, due to fatigue and these older exploitations have lost sight of the positive factors which should be associated with working. These are the creative activity of work as a means to economic independence, and the natural disciplinary value which develops strength of character, endurance, adaptability and the ability to carry responsibility. More important than these is the fact that work develops self-confidence and self-respect, and these, in turn, stimulate a positive response of other people to that individual. These factors of character development are the result of a gradual process of growth and training from infancy on, and are not the result of a twenty-first birthday celebration, or the reception of a bachelor's degree at the university. Either a fear of work, or a feeling of loss of social caste by working are terribly destructive attitudes. Many fond, devoted and even intelligent parents cripple their children by keeping all work and hardship from them. In later life these young people find out that the clinging vine type of woman has been out-moded and that no woman can love a man who is weak; she can only mother him.

We realize today that a child's preparation for his or her family life in later years is constantly being formed from earliest childhood on. This was just as true when we, as parents, told them the story of the stork and evaded their questions, as it is now. At that time life was more predominantly in agricultural and simple rural communities. The stork story was soon supplemented by reproduction in life all around. Early marriage was accepted, for children were an asset and the parents were able to set aside a few acres for each child. Training in farm and home skills was available and the family worked and played together.

This was a good environmental situation, except that the lives of the mothers were too cheap. Women were more exploited than men, for the hard work, brutality and many childbirths exhausted them before their time. The adolescents were forced to spend their leisure time taking care of the younger children, and with no knowledge of child hygiene or child psychology, problems were created on every side. The result of this was that women rebelled—for marriage meant not love and comradeship, but exploitation and slavery; children meant not the joy of motherhood, but drudgery and serious problems. We are still trying to correct this viewpoint of life, but in many women the scars of experience are so deep that they cannot see that although the word is spelled the same, marriage can and should be vastly different.

The urban industrial picture is quite different, but nevertheless it leaves just as deep scars on the women as in the situation just described. With the industrial revolution woman went from the farm to the city factory. This made a tremendous change, for it gave her social recognition of her work, and her pay was in the coin of the realm. This freed her to some extent from male domination, but it sometimes made the man afraid to marry this woman who earned and spent her salary, who learned to develop her skills and make her own decisions. This woman was no longer either an obedient slave or an object of the man's benevolence in marrying her. The man tried to continue the dictatorship that his father had exercised, but he met with much less success. Men are only now beginning to adjust themselves in this regard, and we should help them to realize that marriage can and should be a partnership and comradeship in which the joys and responsibilities are shared by both. It is up to us to point out to our men that the economically independent woman, no matter how successful in her work, can be and

often is, just as lonely and in need of the appreciation, love, devotion and loyalty of her mate as the mid-Victorian woman.

This woman of the industrial life finds housing poor, close quarters, fixed income, periods of unemployment and other conditions which make large families undesirable or impossible. She resorts in her panic and desperation to abortion as her solution for limiting her family. The death rate from abortions is one of our major problems, and will be dealt with again later in the paper. The man who fears the lowering of his standard of living because of an increase in the size of the family decides to delay marriage. Prostitution makes this possible, and when he does marry, ten years later, he brings both the sex pattern of the prostitute and venereal disease. The sex-training of his wife certainly did not prepare her for even a normal sex life, let alone for these complications. In some groups the woman is so beaten by life that she tolerates all of this and takes what love she can from her children, binding them to her even when they should be emotionally free to start their own families. In others, this constant conflict results in divorce or separation. These failures scar men, women and children, and it is as a result of these impressions that our young generation has developed their cynicism and supposed sophistication.

In striving for the solution to these problems, we must assume early marriage as necessary. All of the advances of modern civilization have not delayed physical or sexual maturity. The age of thirteen to fifteen years is still the rule of reproductive maturity. We know that it is essential to delay sex life until physical maturity, at eighteen to twenty-two years, has been achieved. Emotional maturity can be achieved by this age if we stop protecting and coddling our youth for our own gratification as lonely parents. This leaves economic and intellectual development to be considered. Our present interest in adult education and its possible growth proves that time, money and energy must be provided for education all through ones life until we are ready to say that our minds are no longer receptive. Of course, the early adult years must be set aside for intensive training, and this brings us to the economic problem.

Several aids to this *economic* problem are being developed. *First,* we have the method in Russia where industry carries the education of youth by keeping them on a salary during their years of study in higher training. In return the government receives several years of work in whatever location it is needed, when the students have graduated in their chosen fields. On a smaller scale, this method is being used in the United States by several colleges who combine work and study at the same time.

A *second* solution is for the State to assume more responsibility for students who are capable of taking higher training, but who are economically unable to do so.

A *third* way is for the individual to develop several trade skills which are related to his chosen profession, and in this way alternate hours, days or weeks of work with study. These people will have the experience of practical work combined with the discipline of the job, and this additional background will undoubtedly permit them to derive greater benefits from their university training. Industry will not then be afraid to employ college graduates for fear they are impractical dreamers. Life will gain by having more socially mature intellectuals. The family will gain by the possibility of early marriage of more mature individuals.

This policy of educational training applies to women as well as to men. The time has passed when the "weaker sex" need always to be cared for. The majority of women have worked, even in the past, and the new fields of endeavor have advantages, for the hours are shorter, the working conditions are better, and

best of all, there is recognition and payment for the work done. The opportunity for education in the arts and crafts gives not only economic independence, but also self-reliance. Two people who are working together, or studying together, are bound by their mutual project. I want it clearly understood here that I realize the disaster and extreme fatigue that comes to the woman who carries two jobs, who is on the go from 6:00 A.M. to 10:00 P.M., and does her laundry and house-cleaning on Sundays. The program before-mentioned assumes that there will be periods of dependence during childbearing, and while the children are small and need more attention. Also, there must be skilled help in the home. These latter two points should be discussed and arranged before marriage. This modern woman who keeps up her business or professional skill will be alive mentally and emotionally when she is in her forties and fifties, and this will save her much of the nervousness and hysteria associated with her change of life. Her children will have a chance to mature, for she will respect their need for independent lives and work of their own.

We must go a step further than these concrete aids to achieve early marriage. That step is to dissociate such things as automobiles, furniture, houses and fine clothes as immediate needs at marriage. If nothing else, this world-wide depression has taught us that it is the human values which are the essentials. Fortunes come and go, but it is strength of character and social adaptability which ride high through the stormy seas of economic depression and hardship.

We will go still farther on this path and say that unless the family gives opportunity for the mental and emotional growth of every member, it has failed in one of its fundamentals. This must include opportunity for the father and mother as well as for the children, and this attitude should be an integral part of the family program, not a mere superstructure. The opportunity fortunately is presented in the adult education program. If both father and mother avail themselves of this they can develop untold potential abilities and interests.

We, as parents, must think very seriously of these things, and must face these facts. If we really have the respect for marriage and the family that we say we do, we must include preparation for marriage as an essential part of university training, along with the study of law, medicine or other professions. The concept of marriage as a social, political, or economic alliance must be destroyed, and in its place should come the ideal of two people working and living together, bound by their love and mutual interests. This love should be so strong and deep an emotion that any work turns into play, and any sacrifice is worth while as long as it gives health and happiness to the other. Love that only takes, whether it be devotion, the fruits of another's work, or the sacrifice of another is not real. This emotion should be strong enough to stimulate the other person to the heroism, not of song or story, but of the everyday struggle of life.

Some of the problems of this daily struggle can be eliminated by applying our newer knowledge of sociology and science. The feeble-minded, insane, and criminal can be *sterilized*. This should be done after very thorough examination by psychologists and psychiatrists to determine if their type of mental unbalance is of an hereditary or environmental nature. This is a social as well as an individual safeguard. In California it has been done in some 10,000 cases with very fine results, which were studied by the Human Betterment Foundation. They made a careful follow-up on these cases, and found that 68% of those checked made a good type of family adjustment when their responsibilities were cut down to within their abilities.

Abortions as a means of limiting the family must be recognized as an extreme danger to the life and to the health of

your women. Check the death rate from this cause in your own country and visit your hospitals to see the number of women who are fighting for their lives against hemorrhage, fever and infection. Talk with the physicians in your cities who are specializing in women's diseases and learn of the many, many cases they have that are suffering for long years from inflammatory processes in the tubes and ovaries; learn of the cases of sterility where the woman would give anything to have a child; and learn of the women who undergo a painful and more dangerous confinement due to the previous infection; then you will realize with me the tremendous damage done by abortions. There is hardly a country today where the death rate from this cause is not going up. Even when the operation is legalized and done in hospitals with well-trained physicians, it is still a terribly destructive experience. Do what you can to bring contraceptive information to every woman in your country and make abortions unnecessary.

The application of our present knowledge of birth control methods can practically eliminate abortions. The technique is so simple that it can be applied anywhere as long as thorough instruction is first given. Also, the cost is so inexpensive that this angle should not be prohibitive. Their efficiency is so high that they give confidence and security to the two people who wish to limit their family, and they are so designed that they make possible a better sexual adjustment for both man and woman.

In conclusion, let me review the things which we must strive for to have a healthier, happier family in the future. First, there are the practical aids just mentioned, such as sterilization, the elimination of abortion by birth control, and the economic adjustment of educational training in order to foster early marriage. Second, there is the whole educational and environmental background, from infancy on, which should teach our mothers to teach their children a true and honest concept of sex and reproduction so that their sexual adjustment in later years will be satisfactory. And last, there is that most difficult problem of developing a social as well as an individual attitude which will enable our youth to meet their work, their problems and their marriages without fear or laziness, and with courage, energy, honesty and fair play. Then the family of the future will have a solid foundation in the partnership, happiness and mutual respect of its mothers and fathers.

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Mental Hygiene

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It is well recognized that mental medicine is the dominating force in mental hygiene; it is a youthful branch of general medicine. It is a great social force. It began as a curative and preventive program and came to deal with the great mass of psychic maladjustments. Like all human movements, it has made its blunders and has been exploited by charlatans for their personal advancement. Its teachings and tested procedures, within recent years have, however, modified the practice of educators, penologists, judges and juvenile court workers, health officers, industrial managers and others in the handling of the problems that affect individuals, both in health and disease. Its principles are effecting changes in the attitudes and thinking of the leaders in all fields in which human behavior is a fundamental element. It is a great and most significant contribution to a program of positive health as wide as society itself.

The organization of the mental hygiene movement was begun in 1903 by Mr. Clifford Beers. Recovering his mental health after three years in mental hospitals, he wrote some of his experiences in a book that has become classical in the movement—"The Mind That Found Itself." He portrayed his autobiography in a dramatic manner. He devoted himself to constructive efforts at reform of abuses, improvement in the treatment of mental patients, and the protection of the mental health of the public at large.

Enlisting the sympathetic support of a small group of interested people, Mr. Beers founded the first Mental Hygiene Society in the world in New Haven, Conn., in 1908. With the coöperation of the same group that had aided in founding the Connecticut Society for Mental Hygiene, he succeeded in founding the first National Mental Hygiene Society in 1909. The National Committee for Mental Hygiene is a voluntary, privately supported association of physicians and laymen banded together to promote interest and action throughout the United States in the control and prevention of mental disease and the conservation of mental hygiene. It seeks to achieve its purposes by:

(a) Promoting early diagnosis and treatment;
(b) Developing adequate hospitalization;

(c) Stimulating research:
(d) Securing public understanding and support of psychiatric and mental hygiene principles;
(e) Instructing individuals and groups in the personal application of mental hygiene principles;
(f) Coöperating with government and private agencies whose work touches at any point the field of mental hygiene.

Its chief concern was to humanize the care of the insane; to eradicate the abuses, brutalities and neglect from which the mentally sick have traditionally suffered; to focus public attention on the need for reform; to make asylums real hospitals, to extend treatment facilities, and raise standards of care; in short, to secure for the mentally ill the same medical attention as that accorded to the physically ill.

An Organization Committee of the International Committee for Mental Hygiene was formed in 1919 for the purpose of promoting international organization. In 1923 at a meeting in Paris it was decided to hold the First International Congress in the United States. This was held in Washington in 1930. Representatives from fifty countries of the world attended this Congress. Reports were received from twenty-two of these countries that they had formed organizations connected with the international society, and many of the others were in the process of forming such societies. Eight of the countries who gave reports on mental activities within their borders belonged to the Pan-Pacific Committee, namely: Japan, by Dr. Koichi Miyake; Australia and New Zealand, by Dr. Rolph; Canada, by Dr. Clarence M. Hincks; China, by Dr. T. Hwia Wang; India, by Dr. J. C. Dhunjibhoy; Panama, by Dr. Guillemio de Paredes; the Philippine Islands, by Dr. M. C. Icasiano; Siam, by Dr. Luang Vichien Baetyakom. The history of the mental hygiene movement in these other countries remains to be written. At the meeting in 1930 it was planned to hold a second International Congress in Paris in 1935.

Purposes of the International Congress:

1. General.

(a) To bring together from all the countries, at the First International Congress, workers in mental hygiene and related fields for exchange of information and experience and for mutual consideration of the individual and social problems growing out of nervous and mental disease, mental and emotional maladjustments of the individual to his personal and social environment.

(b) To consider ways and means of world coöperation and of more effective promotion of mental hygiene in the various countries.

(c) Through a program planned for the purpose to endeavor to correlate the special knowledge and experience of the psychiatrist, psychologist, and those of related professions in determining how to best care for and treat the mentally sick, to prevent mental illness and to conserve mental health.

(d) Through discussion and conference, to endeavor to arrive at a common agreement concerning sound mental hygiene objectives for the organization movement.

(e) Through news and comment resulting from the Congress to arouse greater world interest in mental hygiene and secure greater acceptance of the idea that mental disease can, in large measure, be prevented, and that greatly increased governmental and philanthropic expenditures for mental health will find justification in lives saved for productive activity and will be good public policy.

Mental Hygiene Today: Fortunately, the advancement of the medico-psychological sciences and their contributions to our knowledge of the mind in health and disease combined with the mental hygiene movement to render preventive work timely and possible. They pointed also to the fact that mental disorders frequently have their beginnings in youth and childhood and that preventive measures are most effective in early life.

Furthermore, psychiatric studies of crime, delinquency, dependency, suicide, and other social problems have thrown considerable light upon the relationship of abnormal behavior to states of mental health. In consequence, mental hygiene now deals with all forms of human behavior, including those not formerly considered as matters of health. *Mental health today means not merely freedom from*

*mental disease but the ability to build up and maintain satisfactory human relationships. It takes in personal and social adjustments of all sorts. It stands for the development of wholesome, balanced, "integrated" personalities, able to cope with any life situation.**

Objectives: In the light of these concepts, the National Committee for Mental Hygiene is devoting its energies and resources increasingly toward the development of mental hygiene activities in colleges, schools, clinics, courts, correctional institutions, child caring and social work agencies, and at other points in the community strategic from the standpoint of *prevention.* Accordingly it seeks to

(a) Correct misconceptions regarding the nature and causes of mental disease and mental defect;
(b) Show that mental disorders are to a large extent curable and preventable;
(c) Teach people to recognize early the warning symptoms of mental disease;
(d) Turn the attention of the general medical profession to the problem of mental ill health and the invariable interrelationships between mental and physical sickness;
(e) Promote programs for the training and social adjustment of the mentally handicapped;
(f) Establish among educators, teachers and parents a point of view that recognizes instinctive and emotional, as well as intellectual, factors in child training.
(g) Support measures for the prevention and treatment of juvenile delinquency and other conduct disorders;
(h) Bring about a more rational management of habitual and mentally abnormal offenders against the social order;
(i) Enable all groups and individuals dealing with personal and social problems growing out of mental and emotional maladjustments to secure insight into the motivating forces underlying behavior.

Present Activities: The present program of the National Committee is a fourfold one of treatment and prevention, education and demonstration, and includes among others, the following basic activities:

(a) Improvement of medical education in psychiatry and mental hygiene;
(b) Stimulation of psychiatric and mental hygiene research and study;
(c) Betterment of institutional facilities for the mentally ill and the mentally handicapped;
(d) Development of a more effective relationship between psychiatry and the law;
(e) Strengthening of child guidance and psychiatric clinics;
(f) Integration of mental health principles into the practices of social work, nursing, public health administration, education, industry, and government;
(g) Encouragement of institutional programs favorable to the creation of a mentally healthful environment and the coördination of community forces to this end;
(h) Mental hygiene organization and promotion;
(i) Public information and education.

Services. Community Clinics—This division functions as a national consultation bureau for communities which have established or plan to establish child guidance work.

(a) Assists in organizing child guidance clinics;
(b) Maintains an advisory relationship with established child guidance and mental hygiene clinics;
(c) Assists in the correlation of child guidance programs with the work of other social, educational and medical agencies, both local and national;
(d) Seeks to maintain sound standards of technical work and training in the child guidance field;
(e) Publishes the "Synergist", a bimonthly news letter, for the information of child-guidance clinic workers.

Psychiatric Education—The work of this Division centers largely around the medical schools with a view to the development of adequate psychiatric teaching and the training of graduates and undergraduates in this subject. Its purpose is twofold: to attract medical students to psychiatry, and to give those who plan to engage in other medical specialties or in general practice such instruction as will equip them better to deal with psychiatric problems.

* The italics are ours. (Editor.)

(a) Promotes schemes for recruiting and training psychiatric and mental personnel;
(b) Secures qualified candidates for university, hospital and community psychiatric and mental hygiene work;
(c) Assists in the strengthening and development of postgraduate training centers in mental medicine;
(d) Studies psychiatric teaching programs and methods;
(e) Conducts experimental teaching demonstrations;
(f) Fosters psychiatric research and the training of research workers in psychiatry.

Hospital Service—This Division concerns itself with the maintenance and betterment of standards of care and treatment in institutions for mental disease and mental deficiency.

(a) Advises with hospital executives upon administrative and professional problems;
(b) Assists architects and institutional officials in planning new construction;
(c) Maintains a file of building and floor plans for this purpose;
(d) Encourages general hospitals to provide treatment facilities for patients with acute or mild mental disturbances needing temporary care.

Education—This Division aims to reach all groups and individuals in a position to profit by or advance the mental hygiene movement.

(a) Publishes a quarterly journal, "Mental Hygiene", and a periodical News Letter;
(b) Prepares and distributes pamphlets, reports, and other educational material for professional and popular use;
(c) Cultivates contacts with the public through the press, radio, lectures, and other publicity activities;
(d) Maintains the Mental Hygiene Section of the National Health Library;
(e) Provides bibliographies and selected reading lists;
(f) Assists in the formation of courses in mental hygiene for normal schools, colleges, university departments, and community study groups;
(g) Participates in programs and conferences of medical, educational, social work, religious, and other organizations and agencies.

Statistical and Information—This Division serves as a clearing house for information on all matters pertaining to psychiatric and mental hygiene activities not covered by other departments of work.

(a) Promotes the use of authoritative statistics in institutions for mental diseases, mental deficiency, and epilepsy;
(b) Collaborates with the Federal Census Bureau in all statistical activities in the field of mental hygiene;
(c) Collects, files and summarizes legislation pertaining to the insane, feeble-minded and epileptic;
(d) Maintains a directory of institutions and psychiatrists;
(e) Answers inquiries concerning various phases of mental hygiene.

Survey and Studies—The National Committee for Mental Hygiene also conducts mental hygiene surveys and studies in the fields of medicine, education, industry, social work, etc., and addresses itself to the mental aspect of social problems related to human conduct in general.

Mental Hygiene Is for Everybody—The emphasis in the work of the National Committee for Mental Hygiene and allied agencies is rightly upon work with the child, and mental health principles and practices are gradually filtering through the educational process, from childhood and youth to adult life. With the newer knowledge of psychiatry and psychology, mental hygiene is influencing child rearing with a view to the prevention of mental disabilities, behavior disorders and all forms of human maladjustments.

But mental hygiene is for all of us, young and old, normal and abnormal. From a crusade for the better care of the mentally sick it has developed into a force for the common welfare penetrating every field of human endeavor. *Its aim is* not merely the negative one of prevention and treatment, but *the positive one of life enrichment.* Mental hygiene, in its fundamental philosophy, looks beyond the problem of mental disease to the cultivation of forces that make for better mental health and contribute to happier and more efficient living in all its aspects.

RESOLUTIONS: THIRD PAN-PACIFIC WOMEN'S CONFERENCE

Honolulu, August 8-22, 1934

This Conference of the Pan-Pacific Women's Association affirms the right of every woman to choose and train for a gainful occupation; to engage therein, and to secure therefrom the highest possible professional and financial rewards.

This Conference commends to its member countries continuous earnest endeavor to secure an improvement in the class of films being produced and exhibited.

This Conference strongly protests against the manufacture of arms for private profit.

This Conference wishes to record its deep conviction that the most urgent and vital need of the peoples of the world today is to bring about an increase in the number of peace-minded and peace-acting individuals and groups in all communities, beginning at home.

PROGRAM: PROCEDURE FOR FOURTH PAN-PACIFIC WOMEN'S CONFERENCE, 1937.

The Council of the Pan-Pacific Women's Association appointed the leader of each of the several delegations to the 1934 Conference as the representative for her country on the program committee, for the preparatory work for and at the Fourth Conference planned for 1937 in either Japan or Canada. Where no delegation was present in 1934, the chairman of the National Pan-Pacific Women's Committee is to serve on the program committee.

The Program Committee at a meeting on August 22, 1934, decided to refer to member countries the content of the program for the next conference. The committee was unanimous in recommending that this program be organized on the basis of a few significant, international, very important topics (not more than five), rather than in sections. Each country is asked to help form the program by answering this letter not later than January 1, 1935, and indicating its wishes on the following points:

I. Shall we have one general theme for the entire program?
The theme, "PRACTICAL WAYS AND MEANS OF PROMOTING PEACE," has been suggested.
Do you like this? Have you another to suggest?

II. In any case, the following have been listed as possible topics from which we may select *five*. Please add any additional topics you may wish to have added to the program, pertinent to the above or any other general theme you may think preferable. Please indicate your choice by marking them in the order of your preference: first, second, third, etc.

1. Youth movements for peace.
2. Traffic in arms.
3. The effect of industrialization on family life or standards of living.
4. Population pressures.
5. The share of women in family support.
6. Labor standards and standards of living in relation to international trade competition.
7. The technique of developing public opinion.
8. Social effects of unemployment.
9. Expansion of fields of gainful work for women with special reference to service occupations.
10. The contribution of adult education to the cultural life of people.
11. A socialized health program.
12. The adjustment of educational programs to changing social relationships.
13. The effect of industrial home work upon women.
14. How can better connections be established between school and employment under educational supervision, with vocational guidance, apprenticeship opportunities, and employment registers of placement departments?
15. How can the beneficial results of industrial hygiene be assured to the heretofore unregulated agricultural work in countries where it is fast becoming industrialized?
16. The political status of women.

These answers should be returned as soon as possible so as to reach Miss Mary L. Cady, Chairman Program Committee, P. O. Box 3354, Honolulu, T. H., before January 1, 1935, with any suggestions relative to the program.

Balboa or Pan-Pacific Day Program

The Pan-Pacific Club of Tokyo celebrated Balboa or Pan-Pacific Day on September 24, commemorating the discovery of the Pacific Ocean by the first European. Prince Iyesato Tokugawa, as chairman, spoke as follows:

"It is with great joy that I am able to celebrate with you the historic event of Balboa's discovery of the Pacific Ocean. Four hundred and twenty-one years ago today a Spanish explorer, Vasco Nunez Balboa, climbed the hills of Darien in the Isthmus of Panama, and for the first time he sighted a vast body of placid waters which he named the Pacific.

But long before Balboa's discovery the Pacific Ocean had been the home of the ancient mariners of the East. Our ancestors sailed into the south seas in order to trade with Luzon, Annam, Siam and India, and many of them crossed the Pacific Ocean to the American coast.

During the four centuries since Balboa's discovery the Pacific Ocean has seen many vicissitudes. It became the center of activities of European explorers, until today great nations have been built upon its shores. The descendants of those heroic Pilgrim Fathers who landed at Plymouth have made one of the greatest republics of the world until their territory has reached the Pacific Ocean. Those intrepid Anglo-Saxon colonists have succeeded in forming the British Commonwealth of Nations of Canada, Australia and New Zealand. The fervent zeal of the sons of Bolivar and San Martin have created great republics in Latin America.

Gradually the course of Occidental civilization took its westward way, until the advent of the American Commodore opened the gate of the secluded Empire of Japan. Thus, upon this Ocean of Peace the civilizations of the ancient East and of the modern West have been meeting not in conflict but in harmony. Situated as she is on the western shores of the Pacific Ocean, Japan has been deeply conscious of her mission as a stabilizing power in the Far East.

While visiting Europe and America last year I had splendid opportunities of exchanging views with eminent statesmen and diplomats of various nations whose interests are on the Pacific Ocean, and I am very happy to have been able to ascertain their peaceful policies toward the problems of the Pacific. Today I am delighted to see that mutual understanding is growing between the peoples of the United States and Japan, which is keynote of peace in the Pacific Ocean. I am also glad to note the dawn of permanent peace in the Far East is approaching through Japan's increasing friendship with China and by rapprochement with the Union of Soviet Socialist Russia. I am happy to see the coming of the new era of peace and tranquillity in the Pacific Ocean. As we celebrate Balboa's discovery of the Pacific Ocean today I ask you to join our efforts for promoting mutual understanding among our respective peoples."

Prince Tokugawa was again elected honorary president of the Club with Viscount Tadashiro Inouye as vice-president.

In Shanghai Balboa Day was celebrated with a luncheon gathering of nearly 300 guests and members of the Pan-Pacific Association at the Cathay Hotel, with Dr. C. T. Wang, former Minister for Foreign Affairs, as chairman, and Dr. V. K. Wellington Koo, Minister to France and former Chinese delegate to the League of Nations, as the chief speaker. Other speakers were Sir John Brenan, British Consul-General, and Mayor Wu Teh-chen. Cabled greetings from the Pan-Pacific Union main office in Honolulu were presented both at Tokyo and Shanghai. No report from the Philippines Association at Manila had arrived at the time of printing this bulletin. An interesting Balboa Day luncheon meeting was held in Honolulu with Hon. A. D. Castro, consular representative for Brazil, in the chair.